

SAVE THE DATE!!

LUNCH & LEARN

Project YES!

MONDAY, FEBRUARY 15TH
FROM 12-12:30 PM IN THE DOWNSTAIRS CONFERENCE ROOM

Increase awareness of mental health issues and needs of young adults ages 16-25

Expand the number of young adults aged 16-25 who receive age appropriate, culturally competent and evidence-based behavioral health treatment and support services

Improve young adult engagement as well as promote successful transitions to adulthood by developing and implementing local and state policies and practice changes.

Trauma Focused Cognitive Behavioral Therapy (TF-CBT) What JCHSD Clinicians are Doing and What YOU can do to Help!

TUESDAY, FEBRUARY 16TH
FROM 12-1PM IN THE DOWNSTAIRS CONFERENCE ROOM

1) Introduction to TF-CBT- Presented by Marj Thorman

What is TF-CBT? How do we know if TF-CBT is the right plan for the child I'm working with? What are the components of TF-CBT? And more!

2) Psychoeducation and Relaxation Skills- Presented by Stephanie Belzer

What's the goal of Psychoeducation? How do you explain TF-CBT to children and their caregivers? What's the goal of teaching relaxation skills as it relates to TF-CBT? And more!

3) Affect Regulation and Cognitive Coping- Presented by Lisa Dunham

What's the goal of Affect Regulation? What are the tools that clinicians are using? What's the goal of Cognitive Coping? What does it mean to milk the COWS?! And More!

4) Trauma Narrative- Presented by Neal Reed

What are the five parts of the Trauma Narrative? Why is the Trauma Narrative important? When are kids ready? What forms can the Trauma Narrative take? How are caregivers incorporated in this step? And More!

Each presenter will share 1-2 activity ideas that they might utilize in session with a child who is receiving TF-CBT. They will *also* suggest ideas on how YOU could incorporate some skills during your own interactions with the youth, to reinforce what they are learning in therapy!